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There's a New Boss in Town

Story by MC3 Ridge Leoni
5 Star Writer

The forward-deployed Nimitz class aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE) welcomed a new crew member to aid Sailors in maintaining physical readiness.

Hunter Vinson, IKE's new "Fit Boss," serves the ship's crew as a fitness consultant underway and in port.

Civilian Navy Morale, Welfare and Recreation professionals are affectionately known as "Fit Bosses." Their mission is to help create a culture of fitness and physical readiness in the fleet by improving morale and reducing the stress of deployment.

Vinson learned about the job while working an internship at the Morale, Welfare and Recreation Center at Naval Weapons Station Charleston, S.C.. Vinson said he enjoys the job because it provides a great opportunity to help service members stay in shape.

Vinson, along with assistance from the Navy, is in charge of maintaining all of the exercise equipment aboard the ship to ensure it stays in proper working order.

"I'm in charge of IKE's fitness center and everything pertaining to the gym: fitness staff, equipment and fitness programs," said Vinson. "I also assist with command physical fitness tests and command fitness leader training."

The "fit boss" position impacts all aspects of a comprehensive wellness and fitness program; it includes a variety of group exercise classes, fitness style athletic events and the care and maintenance of all fitness equipment.

"Anything that has to do with fitness, nutrition, and sports falls under my jurisdiction," said Vinson. "Ultimately, I am here for the physical fitness of the crew members aboard IKE. I want everyone aboard IKE to be in the best physical shape possible. This is my job, and I plan on helping the crew out to the best of my abilities."

Vinson assists Sailors in achieving personal readiness, and in an at-sea environment that means being creative in offering recreation activities.

"There are other fitness programs we'll do; I plan to hold sports events that will promote fitness, create new classes, like Weight Training 101, and nutritional seminars," said Vinson. "Because I come from a sports-oriented background, I would



Above: IKE's Fit Boss, Hunter Vinson, recently arrived to help maintain fitness equipment and help Sailors meet their fitness goals. (Photo by MC2 (SW/AW) Gina Wollman) Inset: Logistics Specialist Seaman Devin Roberts is spotted by IKE's Fit Boss, Hunter Vinson, while working out in the forward gym. (Photo by MC3 Ridge Leoni)

like to introduce some sports training habits like speed training and the like on IKE."

While new to the command, Vinson has become used to the routines of shipboard life and the demands of deployment and has noticed the general routines of the crew member's fitness.

"I have noticed since I have been onboard IKE that the crew is physically fit as a whole. I haven't seen too many people who are out of shape," said Vinson.

Sea duty is challenging and demanding, yet it gives Vinson an opportunity to make a difference in thousands of Sailors' lives.

"The most satisfying part about my job is working with

people who need my help. I'll have a direct impact on the Sailors aboard IKE, and I find that fulfilling," said Vinson. "I also like working here because this is definitely not your basic 9 to 5 job. Not many people can say that they are responsible for the physical readiness of the crew members on an aircraft carrier."

With IKE's demanding missions, Sailors must be physically and mentally ready. With underway physical fitness programs, combined with good eating habits, Sailors can perform their jobs to the best of their abilities.

The Fit Boss can help you achieve your fitness goals. For fitness-related inquiries, stop by his office or use IKE's global e-mail to send Vinson a message.



Why They Install Padeyes: Our contributor noticed this tableau recently aboard a carrier, during aircraft start-up. If you have spent any time on a pitching deck, you will readily understand the thought process behind the two-chains-apiece rule for securing tow tractors. The thought process behind hooking the chains to a pusher bar, which isn't tied down, is a little less clear. (Photos and caption by Naval Safety Center)



PROFILE



SHSN De'niqua Williams

“ I work in the ship's store, helping to boost the morale of the crew. I love being in the Navy and would like to retire knowing that I served my country the best way I could. It's pretty cool, knowing that I can help make someone's day by selling them chips or their favorite candy. ”

SHIP'S SERVICEMAN



Department/Division:
Supply/S-3

Hometown:
Fayetteville, N.C.

Time in the Navy:
11 Months/1 Deployment

Goals:
**To receive ESWS pin
To advance to SH3**



ANNOUNCEMENTS/MOVIES



RACK OF THE DAY

SAILOR
SN GLORIA NAVARRO-COMBS

DEPT/DIVISION
DECK/2ND

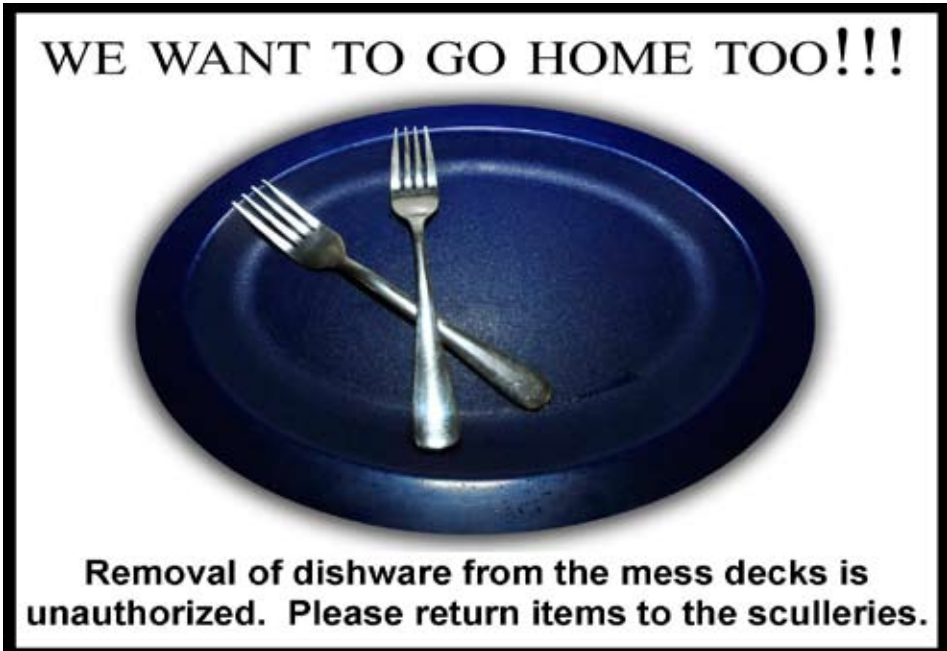


SPACE OF THE DAY

SAILORS
ITSA BRYAN DHONDT
IT1(SW) BECKIE WATSON
IT2(SW/AW) DELILA EDWARDS
IT2 TAMMIE LEWIS
IT1(SW/AW) RENEE WATKINS
IT(SW) BELINDA POWELL

SPACE
4-180-0

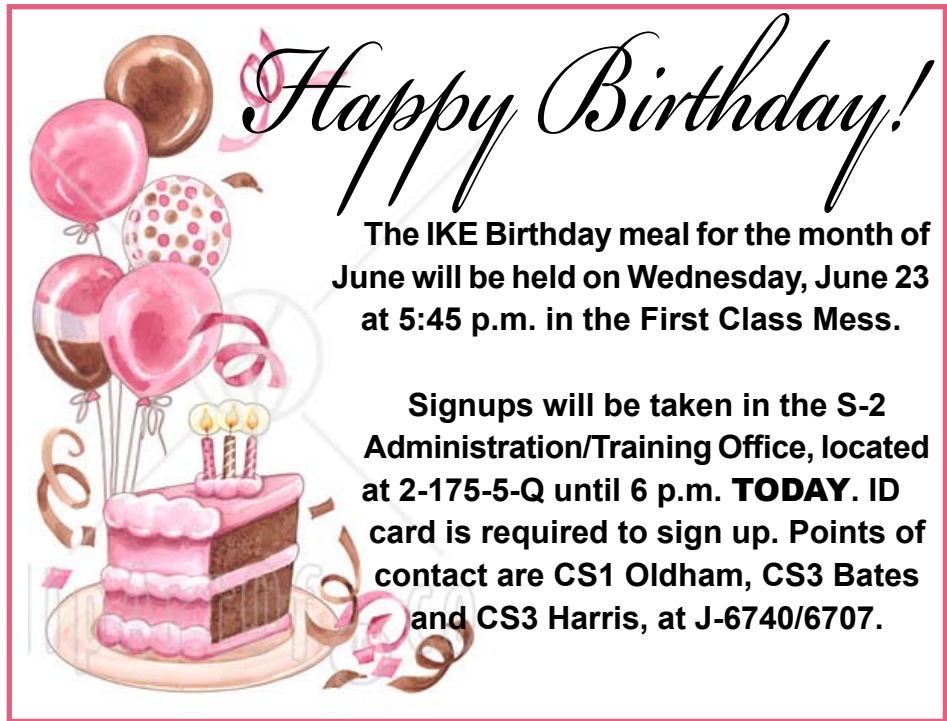
DEPT/DIVISION
COMBAT SYSTEMS/CS-3



Health Promotion Note

Exercise Duration for Muscular Fitness:

Have you considered the duration of your muscular fitness training sessions? For most people, a well-organized workout can be achieved in under 30 minutes, plus time for warming up and cooling down.



Happy Birthday!

The IKE Birthday meal for the month of June will be held on Wednesday, June 23 at 5:45 p.m. in the First Class Mess.

Signups will be taken in the S-2 Administration/Training Office, located at 2-175-5-Q until 6 p.m. **TODAY**. ID card is required to sign up. Points of contact are CS1 Oldham, CS3 Bates and CS3 Harris, at J-6740/6707.

5 STAR

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LCDR Tommy Crosby

Assistant Public Affairs Officer:
LT John Supple

Visual Information Officer:
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TUESDAY'S IKE MOVIE SCHEDULE

Channel 5

8:30 a.m. Waterboy
10:30 a.m. Who's Your Caddy
12:30 p.m. Good Luck Chuck
3 p.m. The Proposal
5:30 p.m. Happily Never After
7:30 p.m. IKE News
8 p.m. Waterboy
10 p.m. Who's Your Caddy
12 a.m. Good Luck Chuck
2 a.m. The Proposal
4 a.m. Happily Never After

Channel 6

8:30 a.m. Alice In Wonderland
10:30 a.m. District 9
12:30 p.m. Zombieland
3 p.m. The Hills Have Eyes
5:30 p.m. I Am Legend
7:30 p.m. IKE News
8 p.m. Alice In Wonderland
10 p.m. District 9
12 a.m. Zombieland
2 a.m. The Hills Have Eyes
4 a.m. I Am Legend

Channel 7

8:30 a.m. Domino
10:30 a.m. Pirates of the Caribbean
12:30 p.m. Hancock
3 p.m. 300
5:30 p.m. V for Vendetta
7:30 p.m. IKE News
8 p.m. Rack of the Day Pick
10 p.m. Pirates of the Caribbean
12 a.m. Hancock
2 a.m. 300
4 a.m. V for Vendetta

Channel 8

8:30 a.m. Operation Safeguard
10:30 a.m. Spot Check Training
12:30 p.m. Shipboard Elevator Safety
3 p.m. Drinking and Driving/Motorcycle Safety
5:30 p.m. IA Training
7:30 p.m. IKE News
8 p.m. Operation Safeguard
10 p.m. Spot Check Training
12 a.m. Shipboard Elevator Safety
2 a.m. Drinking and Driving/Motorcycle Safety
4 a.m. IA Training